



Unit 16 – Getting help

Task 04 – Information

Safety tips for international travellers

Travelling abroad is an exciting experience!



Here are some safety tips to help you stay safe on your next adventure:

- **Get a check-up and make sure you're vaccinated:** Many destinations require vaccinations for diseases that are very uncommon in Europe, so make sure that you know which ones you need and that you are immunized before you are leaving.
- **Make an electronic backup of** your immunization record, travel itinerary, medical insurance card, passport, plane tickets, travel insurance, and visas before you leave. Save it securely online as an email attachment or in a cloud, or save it as a .pdf file on your phone if you won't be able to access the internet. It is also a good idea to share that information with someone you are traveling with and a contact at home in case of an emergency.
- **Keep your valuables safe:** If you need to carry money, credit cards and IDs with you, keep them in separate locations on your body. A travel bag that you can wear around your neck under your clothes is a good idea for when you want to avoid being pickpocketed.
- **Look back when leaving:** Look back at where you were sitting as you're leaving just to make certain you didn't forget your purse, shopping bags, or anything else of importance. Try not to leave anywhere in too much of a hurry. Taking your time will keep you safe.
- **Leave the "bling" at home:** When you are traveling, keep your clothing and jewellery simple and appropriate for the place you are visiting. Hide your camera in a case or bag when you aren't using it.
- **Don't talk to strangers:** Meeting new people is one of the best parts of travelling, but some strangers are not trustworthy. Do not accept food or drink from a random stranger. Do not go somewhere with a stranger unless they are your licensed tour guide. Take your time and get to know the person first.
- **Don't solicit beggars:** Many nations have areas that suffer from poverty, and those areas can be dangerous for travellers. If you are truly interested in finding ways to help poor people in the land you are visiting, research and donate to a local charity.
- **Don't try to be a hero:** If you are attacked by a mugger, it is safer not to fight back. Give the items up quickly, and once you're out of danger, proceed to the nearest embassy or appropriate authority to report the incident.
- **Make sure you have proper travel insurance:** Your health insurance might offer you some international coverage, but it does not cover potential illness, injury, or even death completely when you are abroad. A simple travel insurance policy will cover accidents, health emergencies abroad, and will also make it easier for you if something happens to your flight or your belongings, too.